

## Beginners Yoga Class

Saturday Mornings – 10:30-12 Noon

Room 204 – Side Right Glass Doors  
Entrance

~~ January 9 - March 27, 2010 ~~

St. Matthew's United Methodist Church

8617 Little River Turnpike, Fairfax, VA

\$180 for the 12 week Session  
(\$15 a class) – \$10 discount to  
church members **\$170.**

Class taught by Rixie Dennison –  
teaching Yoga in the area for 10  
years, a Life Coach and Certified  
Reflexologist.

Any questions? 703-698-8511

### Ten Reasons to Try Yoga

1. **Stress Relief**- Yoga reduces the physical effect of stress on the body by encouraging relaxation and lowering the levels of the stress hormone, cortisol. Related benefits include lowering blood pressure and heart rate, improving digestion and boosting the immune system, as well as easing symptoms of conditions such as anxiety, depression, fatigue, asthma and insomnia.
2. **Pain Relief** - Yoga can ease pain. Studies have demonstrated practicing Yoga postures, meditation or a combination of the two, reduced pain for people with conditions such as cancer, auto-immune diseases, hypertension, arthritis, back & neck pain.
3. **Better Breathing**- Yoga teaches people to take slower, deeper breaths. This helps to improve lung function and trigger the body's relaxation response.
4. **Flexibility**- Yoga helps improve flexibility, mobility, increasing range of movement and reducing aches and pains.
5. **Strength**- Yoga postures use every muscle in the body, helping to increase strength literally from head to toe. Yoga also helps to relieve muscular tension.
6. **Weight Management**- Yoga (even less vigorous styles) can aid weight control efforts by reducing cortisol levels, burning calories and reducing stress. It encourages healthy eating habits & provides a heightened sense of well being and self-esteem.
7. **Improved Circulation**- Yoga helps to improve circulation and, as a result, more efficiently moves oxygenated blood to the body's cells.
8. **Increased cardiovascular** - Even gentle yoga practice can provide cardiovascular benefits by lowering resting heart rate, increasing endurance and improving oxygen uptake during exercise.
9. **Better Body Alignment**- Yoga helps to improve body alignment, resulting in better posture and helping to relieve back, neck, joint and muscle problems.
10. **Focus** - Yoga helps us to focus on the present, to become more aware helps create mind body health. It opens the way to improve coordination, reaction time and memory.